



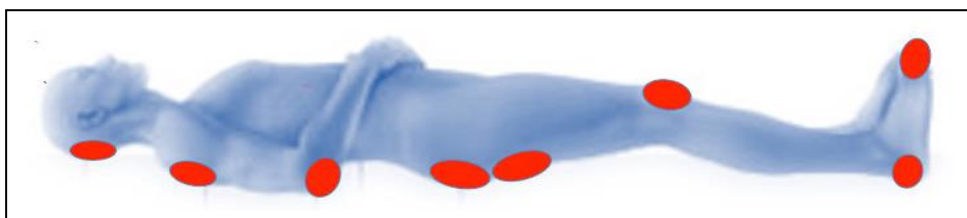
Pressure Ulcer Prevention

Patient/carer leaflet

A pressure ulcer (bed sore) can develop within a few hours and is often caused by sitting or laying in the same position for too long without moving

Follow these five simple steps to help to lower the chances of developing a pressure ulcer.

- 1** Ensure your body has the right support – If you cannot move around and cannot change your own position, then you need to have the right mattress and cushion.
- 2** Ensure your skin is checked regularly – As a minimum, try and check this morning and night looking for any areas of redness or discoloration, skin feeling too warm, or too cold, numbness, swelling, hardness or pain.



- 3** Ensure you keep active and change position regularly. Moving and changing position lets your blood flow to all areas of your skin, this will lower the chances developing a pressure ulcer – To help, try any of these hourly: Standing up, walking short distances or changing your position when sitting or lying down.
- 4** Ensure you have the right diet and plenty of drinks (*). If you have a poor diet, you are under or over weight, you have a greater chance of developing a pressure ulcer. Try to have 3 meals a day which includes lots of fruit and vegetables and drink at least 6-8 cups of fluid daily (*)
- 5** Ensure you keep your skin clean and dry. Your skin can get damaged if it is wet for a long period of time, this could be due to sweat, leaking wounds or incontinence.

Please inform your district nurse or GP if you are worried or have any concerns regarding any of the above.

(* Unless a Health Professional has commenced you on a restricted fluid intake plan